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Trauma sensitive scientific writing

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what is possible?

Workshop COST Training School, Leuven Feb, 22 2023

Who am I?



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Why this workshop?



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Why this workshop?



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❁ WG 7: „consumer“ / „service user“ / parents‘ perspective

Why this workshop?



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- ❁ WG 7: „consumer“ / „service user“ / parents‘ perspective
- ❁ Workshop in Iceland (Berlin, London)

Why this workshop?



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- ❁ WG 7: „consumer“ / „service user“ / parents‘ perspective
- ❁ Workshop in Iceland (Berlin, London)
- ❁ Training School on Perinatal Mental Health and Birth Related Trauma: Birth Trauma from a life-span perspective

How this workshop?





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?

 activities

Aim:

-  Start a personal process, not give solutions
-  (possibly) more questions than answers

Agenda



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- ❁ Activity “5 assumptions” (self-reflexion)
- ❁ “Try walking in their shoes” (change of perspective)



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Activity

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5 assumptions



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5 assumptions – Where do I stand?

Silent (!) self-reflection activity:

- ✿ Read the assumption
 - ✿ Think briefly about what it means to you
 - ✿ Position yourself on the line (0% agree – 100% agree)
-
- ✿ After 5 assumptions: plenary exchange (thoughts, doubts, ...)

Assumption # 1



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 “The scientific community is the audience of my papers.”

Assumption # 2




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❁ “In academic writing, it is prudent to be cautious in one’s statements. One needs to distinguish between **facts** and **claims**.”

Assumption # 3




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 “Research is done for the greater good of society, not for the Ivory Tower.”

Assumption # 4



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 “Everyone has the Human Right to freedom from harm and ill-treatment.”

Assumption # 5



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 “Members of CA 18211 have a special moral obligation towards not harming trauma victims.”



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Where do I stand today?

Where will I stand tomorrow?

5 assumptions



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Plenary exchange



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Activity

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Try walking in their shoes

“Try walking in their shoes” – t p s



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Change of perspective – from researcher to

3 step activity – t p s

- ❁ think (individual)
 - ❁ pair (group work; 3 people)
 - ❁ share (Gallery walk)
-
- ❁ Plenary discussion

Try walking in their shoes – Think, discuss, share



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Step 1 (individual, in silence, “think“):

- ❁ Read the Persona.
- ❁ Put yourself in their situation. **Imagine you are them.**

THEN:

- ❁ Turn the page, read the Conclusion.
- ❁ What is “your” (=the personas) reaction to the conclusion?

Try walking in their shoes – Think, discuss, share



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Step 2 (Within group, “pair”):

a)

✿ Discuss your personas’ reactions. Where do you differ? What do you have in common?

b) write on cards

✿ How does the conclusion make your persona feel? (adjectives; on **yellow**)

✿ Is there a problem with the conclusion, a conflict for the persona? If yes: What is it? (write on **red**)

✿ If the conclusion is problematic: How could it be solved? (write on **green**)

→ Google doc for Online participants

Try walking in their shoes – Think, discuss, share



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Step 3 (plenary, “share”):

a) Gallery walk

❁ yellow red and green on exposition (uploaded picture for online)

❁ walk around, read, compare


❁ when done: sit down again

b) Plenary discussion: “Trauma sensitive scientific writing - what is possible?”

How does this make you as persona feel?



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 adjective(s) on **yellow**

Is there a problem with the conclusion, a conflict
for the persona?



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 What is the problem/conflict?
Describe it on red

If the conclusion is problematic:
How could it be solved?



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 Write an alternative conclusion
(on green)

Plenary discussion



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Trauma sensitive scientific writing
-
what is possible?

Wrap up



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- ❁ papers are read by lay people and the language affects them
- ❁ not all “triggers” can be avoided

- ❁ Who are you writing for?
- ❁ It’s a process: What are your priorities (today, tomorrow)?

Flash light (mini feedback)

🌟 1 word: How are you feeling?



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Thank you!

... let's make this world a better place!



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0%



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100%